



Jalapeño-Cheddar Frittata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

ANTIPASTI

Ingredients

- 1 cup pepper flakes drained chopped
- 18 large eggs
- 0.5 cup basil fresh packed chopped ()
- 0.8 cup sun-dried olives drained chopped
- 4 cups cheddar cheese white extra-sharp grated

Equipment

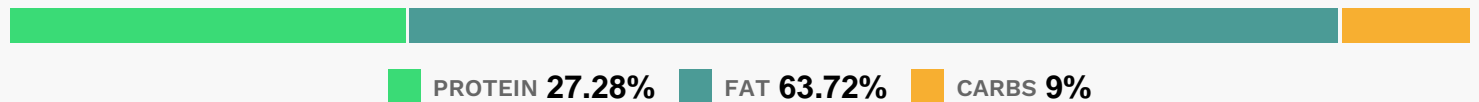
- bowl
- oven

- hand mixer
- glass baking pan

Directions

- Preheat oven to 350°F. Spray 15x10x2-inch glass baking dish with nonstick spray.
- Sprinkle cheese evenly over bottom of dish.
- Sprinkle chilies, sun-dried tomatoes and basil over cheese. Using electric mixer, beat eggs in large bowl until pale and slightly thickened, about 8 minutes. Beat in reserved 5 tablespoons jalapeño liquid.
- Pour egg mixture into dish.
- Bake frittata until firm, about 30 minutes. Cool slightly.
- Cut into 24 squares.
- Cut each square diagonally in half. (Can be made 1 day ahead. Cover; chill. Reheat in 350°F oven 10 minutes.)
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:7.881739181021%

Nutrients (% of daily need)

Calories: 141.95kcal (7.1%), Fat: 10.1g (15.54%), Saturated Fat: 4.81g (30.05%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.83g (2.03%), Cholesterol: 158.33mg (52.78%), Sodium: 180.68mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.46%), Selenium: 17.06µg (24.38%), Phosphorus: 175.71mg (17.57%), Vitamin B2: 0.28mg (16.29%), Calcium: 159.69mg (15.97%), Vitamin C: 10.42mg (12.63%), Vitamin A: 507.13IU (10.14%), Vitamin B12: 0.53µg (8.89%), Zinc: 1.26mg (8.42%), Vitamin B5: 0.74mg (7.38%), Folate: 25.69µg (6.42%), Vitamin B6: 0.12mg (6.03%), Iron: 1.08mg (5.99%), Potassium: 205.76mg (5.88%), Vitamin D: 0.86µg (5.75%), Vitamin K: 4.99µg (4.75%), Manganese: 0.09mg (4.66%), Copper: 0.09mg (4.6%), Magnesium: 18.01mg (4.5%), Vitamin E: 0.58mg (3.88%), Vitamin B1: 0.04mg (2.89%), Vitamin B3: 0.43mg (2.16%), Fiber: 0.52g (2.1%)